
APPENDIX

The 10-Year Mental Model

Most people evaluate goals on a **12-month timeline**. That's where frustration lives.

I prefer to think in **decades**.

People often overestimate what they can accomplish in a year, but underestimate what they can accomplish in a decade.

The math is simple:

- 3 meaningful goals per year
- completed consistently
- for 10 years

That's **30 completed goals** — executed calmly, without burnout.

This is how compounding actually works:

- confidence compounds
- skills compound
- judgment compounds
- reputation compounds
- opportunities compound

Decade thinking changes behavior.

You stop rushing.

You stop forcing outcomes.

You stop confusing urgency with importance.

Instead, you ask:

“What can I execute reliably this year that puts me in a meaningfully better position five or ten years from now?”

This model rewards:

- patience over intensity
- consistency over heroics
- inevitability over excitement

The goal is not to win the year.

The goal is to quietly win the decade.

If you do that, the outcomes most people chase emotionally tend to arrive on their own.